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THE SKINNY ON SKINNY RRSP PLANS, PG7

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Celebrity Buzz

Dexter star's toque more than fashion statement

pg 20

Zoo's baby giraffe a fine, wee Bonnie

NAMED The Greater Vancouver Zoo's baby giraffe has been named Bonnie.

The African Rothschild's giraffe was given the Scottish moniker at a party celebrating her third-month birthday at the zoo in Aldergrove yesterday.

Around 1,000 entries in the name-the-baby contest were whittled down to three and the mother giraffe was offered three food choices, each corresponding to a name.

Naivasha, meaning "lake in Kenya," was runner-up.

The winner, Renae Warnock, took home a yearlong family membership to the zoo and a private behind-the-scenes encounter with the giraffes.

KRISTEN THOMPSON/ METRO VANCOUVER

Icing on the cake **Art deco glow**

JEFF HODSON/METRO VANCOUVER

Gunda Förster's Ice Lights illuminates Vancouver City Hall last night. The permanent installation is one of 25 works of art under the city's $6-million Olympic and Paralympic Public Art Program. Story, page 2

Back safe in Canada

Teens flown into Montreal from Haiti should be in B.C. today

A group of exhausted teens from British Columbia are back on Canadian soil after being stranded in earthquake-ravaged Haiti.

The 17 teens and their adult chaperones arrived just a few hours before the earthquake hit the Caribbean nation, and they had to wait five days before officials were able to get them out.

Anxious family members expect to be reunited with the kids today, when they're scheduled to fly home to B.C.

Most of the students were aboard a military aircraft carrying about 180 evacuees that was the first to arrive at Trudeau International Airport in Montreal early Monday. The remainder of the group arrived on board a second flight.

School superintendent Patricia Dooley said she'd spoken to some of the students as they waited to pass through the Customs line in Montreal.

The Grade 12 students from a high school in South Slocan and seven adult chaperones were on a mission to set up a goat farm in a town about 45 kilometres outside the Haitian capital of Port-au-Prince.

Haiti Crisis

The group went to Haiti to take part in a humanitarian mission and Dooley said that while they awaited evacuation, staying at a Christian mission outside the city, they were not idle.

"They pooled their own money and they bought 4,000 pounds of rice, which they distributed. They were involved in cleaning the roads. So they have definitely been serving," Dooley told a local television station.

Dooley said the school district will bring in counsellors to help the students deal with the horrific scenes they witnessed during the disaster.

"There will be a need for some counselling. They have had a horrendous experience and we are actually starting today with a session for parents."

THE CANADIAN PRESS

MORE COVERAGE PAGES 3, 5

Man's death likely due to storm, say police

WEATHER A storm that roared across the south B.C. coast yesterday morning knocking down trees, power lines and ferry service may have also claimed a life.

The RCMP say a 48-year-old man was found dead after his boat sank at Fulford Harbour on Saltspring Island.

The 13-metre fish trawler had live-aboard facilities, and the man is believed to have been the only occupant, but an RCMP dive team will be used to check the vessel to confirm no one else was on board.

Police say they suspect the storm may have played a role in the sinking.

Winds gusting up to 80 km/h knocked out power to about 50,000 B.C. Hydro customers and brought down a few trees. Some blocked the road leading through Stanley Park to the Lion's Gate Bridge, leading to a traffic jam during the morning rush hour.

The storm also forced the cancellation of the morning's B.C. Ferry service between the mainland and Vancouver Island.

All eyes are on Vancouver's unpredictable weather as the start of the Winter Games approaches.

Last week mild temperatures and heavy rain forced the early closure of Cypress mountain, which will host freestyle skiing and snowboarding.

THE CANADIAN PRESS

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News on the Move

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Vancouver Games

Countdown to 2010

Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.

• Today — Sid the Kid hopes for better results in return trip to Vancouver, page 9

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Local

Rain triggers leaking at B.C. Place

The recent onslaught of heavy rain took a toll on B.C. Place's iconic fabric dome, which began to leak because of water pooling on the roof. The water came through the vents and has since been cleaned up. The stadium will be used for the opening and closing ceremonies during the 2010 Games. METRO VANCOUVER

The Russians are coming to Science World

Facility set to close tomorrow for conversion to venue that will showcase 2014 Games

VANCOUVER 2010 Games

KRISTEN THOMPSON
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If you were hoping to go to the Telus World of Science this weekend, the Russians say "nyet."

Today is the last day Science World will be open to the public before work begins to convert the iconic venue into Sochi World — a hospitality house for the 2014 Winter Games in Russia — which opens on Feb. 11.

"The transformation will be significant," said Tammy Matheson, director of business operations for Science World.

"It will look different, from the exterior to the entire (inside of the) building. We will dismantle the exhibits we have in place. It is a huge project (and) that's the reason why we're closing so much earlier."

Matheson said the 2014 Winter Olympic organizing committee will be using the venue to showcase the Games in Sochi, as well as acting as a hub for Russian Vancouverites and Russian visitors.

She said the decision to close the facility was based in part on the fact that access to the location would be difficult because of security and traffic restrictions, and the fact that people will be focused on the Olympics.

"We realize that our visitor attendance would be greatly reduced and this was an opportunity to showcase the building to the world."

Science World as we know it will reopen on March 8 — in the heart of spring break.

During the Games, Science World will be taking its programs mobile around the Fraser Valley.

News in brief

MURDER Police have identified Vancouver's first murder victim of 2010 as 29-year-old Craig Michael Hall. The victim, who was known to police, was found dead on Saturday morning in the 4400 block of Knight Street.

PROP CAR RCMP have recovered the unmarked prop police car that was stolen from a Burnaby film prop-supply company on Jan. 16. No arrests have been made.

CHILD PORN A 47-year-old Kamloops man has been arrested for having and distributing child pornography after an investigation that started with Toronto police.

DOMESTIC VIOLENCE The province has announced a plan to prevent domestic-violence cases like the Oak Bay Massacre, where a man murdered his family before committing suicide. The plan calls for a coroner's investigation into all domestic-violence deaths since 1995, a uniform investigation policy and a set of standard bail conditions for high-risk abusers.

FARM FINED A Dawson Creek-area couple has been fined $700 after B.C. SPCA officers seized 87 animals from their farm, including a lynx, three parrots, 10 turtles, an alpaca, and an assortment of 70 rabbits, hedgehogs, chinchillas, gerbils and mice.

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Your Money Allan Small on where investors should look to cash in as the economic rebound continues in 2010 at **metronews.ca/investing**

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Mural A whale of a restoration

KRISTEN THOMPSON/METRO VANCOUVER

Los Angeles-based painter and environmentalist Wyland, middle, takes a break while restoring his iconic mural at the north end of the Granville Street Bridge yesterday, in time for the Olympics. Wyland painted the mural on the south side of the Old Continental Hotel in 1994.

Port upgrade hikes capacity 50%

EXPANSION A $400-million, two-year upgrade to Deltaport will increase capacity at Canada's largest container terminal by 50 per cent.

The Deltaport expansion added a third berth and includes three new cranes and 20 hectares of additional container storage facilities. It will also create 356 full-time jobs.

METRO VANCOUVER

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Police moving to VANOC buildings

JEFF HODSON
jeff.hodson@metronews.ca

RELOCATION Vancouver police are closing their antiquated office in the Downtown Eastside and will move into VANOC's soon-to-be vacated digs in East Vancouver by next spring, the department announced yesterday.

A 72-officer beat enforcement team, however, will continue to work out of a building in the Downtown Eastside to maintain a visible police presence in the troubled neighbourhood.

Chief Const. Jim Chu said a decision in the 1990s to remove operational staff from the neighbourhood contributed to a decline in the area. "The presence of beat officers in the neighbourhood is very important," he said.

The city and the federal government have earmarked $15 million for the relocation, which will affect about 700 staff.

The building at 312 Main St. was built in 1954 and houses 540 staff. Chu said the facility is old and expensive to maintain.

A second police facility on Eighth Avenue will also close.

Funding will pay for moving and furniture as well as renovations like locker rooms and forensic labs at the VANOC buildings — a tower and low-rise building located at 3585 Gravely St., one block west of Boundary Road.

City hall basks in glow of Ice Lights

JEFF HODSON
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ARTWORK An unfamiliar icy glow shrouded Vancouver city hall's familiar art-deco silhouette yesterday as the city switched on its new external lighting.

Ice Lights, a permanent light installation by German artist Gunda Förster, features large LED strips throwing an icy glow onto each of the building's four terraces. The lights cascade for one minute, every time the clock strikes the hour.

"These are the works that reflect ... the poetry of the place."
Bryan Newson, program manager

It is Förster's first North American piece.

The LEDs will reduce the city's energy consumption for external lighting by 70 per cent.

Ice Lights is one of 25 permanent and temporary artworks under the city's $6-million Olympic and Paralympic Public Art Program.

"These are the works that reflect the spirit and the value and the visions — the poetry of the place," said Bryan Newson, the city's public-art program manager.

The $6-million investment is the largest in the history of the city's public-art program.

Brand IDs authentic aboriginal productions

GREG DOWNS
for Metro Vancouver

FIRST NATIONS B.C. First Nations culture now has a trademark of its own after the Authentic Aboriginal brand was launched in Vancouver yesterday to help tourists determine which cultural productions are real and which are knockoffs.

Created by the Aboriginal Tourism Association of B.C. (AtBC), the brand will mark all products, art and tourist spots with a logo, signifying its cultural authenticity.

To date, only five businesses utilize the brand, and no artists or artwork are involved yet, meaning Olympic visitors will be on their own when trying to buy authentic First Nations products.

Keith Henry, chief executive officer for AtBC, said the goal is to get artists to use the logo on their work, but it won't be implemented in time for the Olympics.

"This was really about announcing and not competing with stuff that's happening with the Olympics," Henry explained.

Linnea Battel, co-chair of AtBC, said the goal is to make sure people get the real aboriginal experience when they visit the province.

"We're branding our businesses, so eventually you can pick up a piece of art and see that brand, and know it's not made in China."

Schreiber goes on trial in Germany

Businessman Karlheinz Schreiber, who was extradited from Canada last August after losing a decade-long legal battle to stay in the country, went on trial in Germany yesterday on charges of tax evasion. Prosecutors accuse Schreiber of failing to declare millions from kickbacks he received for the sale of helicopters and Airbus planes to Canada. THE CANADIAN PRESS

Canada

Walsh 'intoxicated,' witnesses say

Cursing, yelling and a smack on the head — that's how an "intoxicated" Toronto broadcaster's transatlantic flight ended last year after it was diverted to St. John's, passengers and a crew member told her trial yesterday. Colleen Walsh, 49, left, has pleaded not guilty to charges of assault, obstructing the operation of an aircraft and causing a disturbance. Walsh — who has worked for Global Television, CTV, CBC Radio and Rogers TV — sat in provincial court, at times shaking her head at the testimony. THE CANADIAN PRESS

DART got into the action in Haiti quickly

Haiti Crisis

Haiti's nightmare was less than two hours old when Col. Bruce Ewing got the call: Get ready.

Twelve hours after that, Ewing — the commander of Canada's Disaster Assistance Response Team — was on his way to Port-au-Prince with a reconnaissance crew and precious little idea what he would be in for when they landed.

"We deployed a lot quicker than normal," Ewing said yesterday during a mission to survey DART's ultimate Haitian destination: the quake-ravaged town of Jacmel, a coastal outpost some 35 kilometres outside the rubble-strewn capital.

"We were deployed so soon that the organizations that do the normal needs assistance, they didn't know themselves what the situation on the ground was really like. So it's been a bit chaotic, and that is probably the major difference."

As Ewing and his team were able to gather their bearings, the town — the birthplace of several of Haitian-born Gov. Gen. Michaëlle Jean's family members and the place she cites as the backdrop to most of her childhood memories of the country — soon became an obvious place to deploy.

THE CANADIAN PRESS

Winter clothes?

- Of all the logistical challenges in helping Haiti, this might be the most surprising one: The need for winter clothes. Evacuees are arriving back in Canada, and they're not dressed for the cold climate.

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SCANLIFE

A brazen suicide attack in the centre of Kabul sent Canadian Embassy staff scrambling for safety. Scan this code for the story.

Torch On the clifftops

JEFF MCINTOSH/THE CANADIAN PRESS

Torchbearer Wendy Lumby passes crowds on top of the cliffs at Head-Smashed-In Buffalo Jump, Alta., yesterday. Follow the Olympic torch's journey with an interactive map at metronews.ca/sports.

Raitt set to be demoted in cabinet shuffle

TORIES As many as eight to 10 ministers will be on the move in a cabinet shuffle today that is far more elaborate than the tweak some officials predicted a few days ago, The Canadian Press has learned.

The biggest surprise may be that controversy-prone Natural Resources Minister Lisa Raitt, once a rising star in the party who rocketed to cabinet within weeks of her first election win in October 2008, is getting demoted.

The high-profile Raitt ran into trouble last year when she was caught on tape criticizing some of her fellow ministers. Raitt will stay in the cabinet, but in the relatively obscure Labour post.

Public Works Minister Christian Paradis is tabbed to replace Raitt.

THE CANADIAN PRESS

Coalition teams are in place, working around the clock, helping to restore the lives of countless suffering children and families as the situation in Haiti reaches epic proportions. As many as 3 million Haitians require immediate and long term help.

The Humanitarian Coalition members have been in Haiti for decades and will continue to stay until lives are restored. But we can't do it alone.

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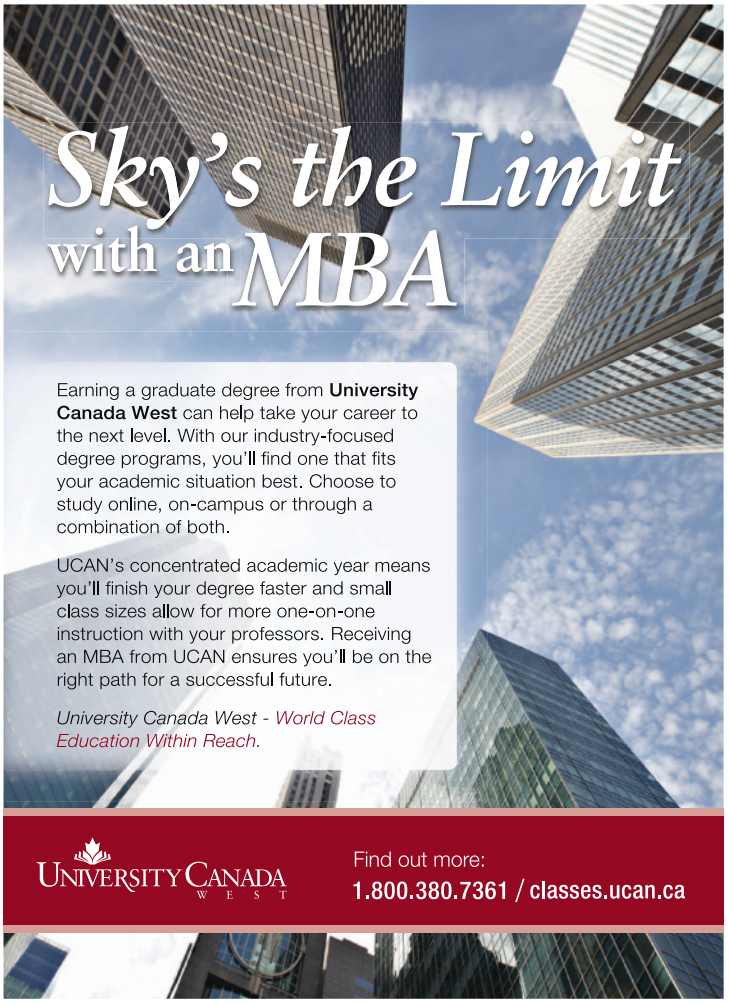
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Comment

Advocating against social injustice

InStep

Christine Williams

When devastation and incalculable human suffering occurs — like the horror in Haiti — the subsequent outpouring of support is a refreshing reminder of human altruism; an encouraging affirmation given the regrettable events of another news story that was uncovered by the Toronto Star a day after the quake, yet overshadowed by it.

This story demonstrated the darker element of humanity. Here's how it goes: 20 recovering addicts came to their early morning class at the private Clear Haven Center, just north of Montreal. They were part of a three-month cognitive therapy program costing more than $15,000. As they arrived at Clear Haven, they were greeted with the announcement that the centre had gone bankrupt.

Then, with no warning, no plan and no place to go, they were given $100, then arbitrarily dumped on a bus like a load of refuse headed to a convenient depot: Montreal's international airport. Some were crying. No one knows how much money was lost by the clients and their families.

Whatever progress they had made ended abruptly. Two clients snorted cocaine on the bus and Elijah Peabbles, 26, relapsed into heroin use the day after, overdosed and ended up brain dead. He had come a long way in only a month. For the others, who knows.

How these vulnerable human beings were treated is unconscionable and cruel, yet highlights the plight of inequity and injustice faced by many in the greatest need of advocacy: Addicts, mental health sufferers, the disabled and the poor, and this group has been growing.

Bill Wilkerson, the founder of Global Business and Economic Roundtable on Mental Health, has declared depression among Canada's public servants as the country's biggest public health crisis, while warning that it's on the rise everywhere.

Many people who fall into addictions have underlying mental health issues and are using their addiction as a form of self medication. Mental health professionals have stated that addictions cut across all socio-economic strata and take a devastating toll on entire families.

Respect and sensitivity by all professionals attending to those in greatest need is a reasonable expectation, yet contrary to the arrant disregard displayed at Clear Haven Center.

The people let go at Clear Haven could have been one of our loved ones. How they were treated highlights the urgency for citizens to become astute observers and advocates for those close to us who are in need.

Christine Williams is the producer and host of the live current affairs daily talk show On the Line at CTS TV in Burlington, Ont.

Editor's note

- Lawrence Martin's National Report will return next week.

Views

Taxpayers may be on the hook once again

InBusiness

Charles Davies

metronews.ca/inbusiness

You could call it Canada's version of the sub-prime mortgage crisis.

According to a recent account in the Globe and Mail, as many as 30,000 homeowners face mortgage foreclosure over the next three years. We're not talking about ne'er-do-wells who skip payments or laid-off workers. These are hard-working folks who have made all their payments. It's just that the mortgage lenders who happily approved their loans last time around won't renew.

But these now reluctant "non-traditional" mortgage lenders have a great suggestion. The mortgage renewals they won't touch with a bargepole should be underwritten by Canada's only inexhaustible source of finance — us taxpayers. A new lobby group for the very lenders who are abandoning the sub-prime set wants Ottawa to back a $1-billion fund to refinance its now vulnerable clients.

Government bailouts of any kind are problematic because they distort the market's process of natural selection, muddying economic realities with political agendas. Embattled homeowners are an equally sensitive subject. How can politicians stand idly by while Suzie and Sammy Homemaker are thrown into the street?

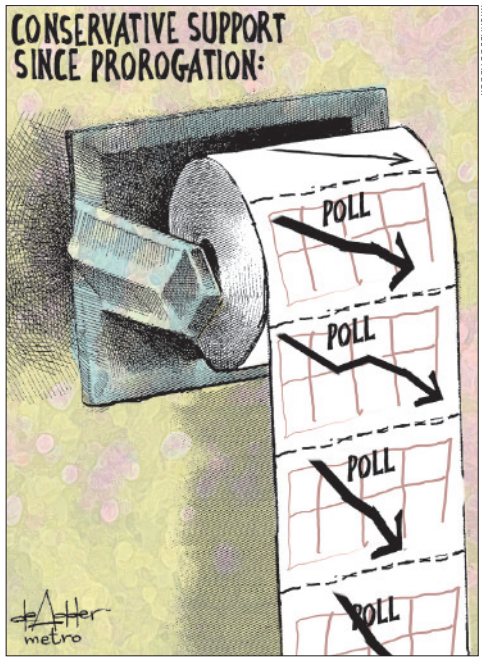
Well, here are a couple reasons. First, consider that home ownership is not a right, but an earned privilege. The people now facing foreclosure would never have been approved by "traditional" or "prime" mortgage lenders like banks or trust companies.

The current crisis has been brewing for more than two years. That's when our "non-traditional" sub-prime lenders started heading for the exits. Take Xceed Mortgage Corp., a lender that was happy to ride the housing boom earlier in the decade. Its assets rose 20-fold to $2.7 billion in 2007 while profits went from less than zero to a peak of $22 million in 2006.

But Xceed was securitizing its sub-prime mortgage assets, packaging and reselling them, and when the Asset Backed Commercial Paper crisis killed that market in mid-2007, the company could no longer function profitably. It rapidly reconfigured itself as a "traditional" lender, only recently finding its voice as a bailout advocate.

In the end it's a sad business — overreaching families dispossessed by the denizens of an opportunistic capital market — but the rest of us shouldn't pay for it.

Charles Davies is a veteran business writer who has worked for Canadian and international news organizations.



MICHAEL DE ADDER

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American arrested on child-porn charges in Cambodia
Cambodian police said yesterday they have arrested an American man on charges that he drugged a 12-year-old girl and took pornographic photos of her. THE ASSOCIATED PRESS

World

GERALD HERBERT/THE ASSOCIATED PRESS

A woman sweeps debris on a street in Port-au-Prince yesterday.

Aid flows, frustration persists in Haiti

Haiti Crisis

Troops, doctors and aid workers flowed into Haiti yesterday and officials said billions of dollars more will be needed following the quake that killed an estimated 200,000 people and left many still struggling to find a cup of water or a handful of food.

European nations pledged more than a half-billion dollars in emergency and long-term aid, on top of at least $100 million promised earlier by the U.S. The president of the neighbouring Dominican Republic said it will cost far more to finally rebuild the country: $10 billion.

Help was still not reaching many victims of last Tuesday's quake — choked back by transportation bottlenecks, bureaucratic confusion, fear of attacks on aid convoys, the collapse of local authority and the sheer scale of the need.

Looting spread to more parts of downtown Port-au-Prince as hundreds of young men and boys clambered up broken walls to break into shops and take whatever they can find. Especially prized was toothpaste, which people smear under their noses to fend off the stench of decaying bodies.

At a collapsed and burning shop in the market area, youths used broken bottles, machetes and razors to battle for bottles of rum and police fired shots to break up the crowd.

"I am drinking as much as I can. It gives courage," said Jean-Pierre Junior, wielding a broken wooden plank with nails to protect his bottle of rum.

U.S. officials say some 2,200 Marines were arriving to join 1,700 U.S. troops now on the ground and UN Secretary-General Ban Ki-moon announced yesterday he wants 1,500 more UN police and 2,000 more troops to join the existing 7,000 military peacekeepers and 2,100 international police in Haiti.

THE ASSOCIATED PRESS

Dutch airlift

- Dutch adoption agencies and the government sent a chartered plane to Haiti yesterday to airlift out more than 100 children who were in the process of being adopted by parents in the Netherlands before an earthquake shattered the country last week.

Violence rocks Nigeria

RIOTS Angry Muslim youths set a church filled with worshippers ablaze in northern Nigeria, starting a riot that killed at least 27 people and wounded more than 300 others in the latest religious violence in the region, officials said yesterday. About 5,000 people lost their homes as rioters also burned mosques and homes in Jos, a city that saw more than 300 residents killed during a similar uprising in 2008, said local Red Cross official Auwal Muhammad Madobi. He said he had no information about deaths. Police officials declined to offer a count of the dead.

Sani Mudi, a spokesman for the local imam, said 22 people died Sunday after rioters set fire to a Catholic church, starting a daylong wave of violence between Christians and Muslims. Five others died yesterday from their wounds, and police and soldiers set up numerous road blocks throughout Jos.

The rioting began Sunday, when the youths attacked a church, said Gregory Yenlong, a state government spokesman. Yenlong said he didn't know why the young men set the blaze. THE ASSOCIATED PRESS

News in brief

MAURITANIA A group of 30 Mauritanian Muslim leaders have issued a religious edict banning female genital mutilation in the West African country. The process, also called female circumcision, is common in parts of Africa and involves the surgical removal of the clitoris or other genital parts.

THE ASSOCIATED PRESS

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SCANLIFE

Donors could learn lessons from past disaster zones, where goodwill withered in the face of corruption and chaos. Scan here for the story.

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Barbados..... 9.9 ¢	Libya.....24.9 ¢	Israel.....2.9 ¢
Chile..... 2.9 ¢	Nepal.. from .....7.9 ¢	Italy.....2.9 ¢
China..... 2.9 ¢	Oman..... 14.9 ¢	Russia.. from ..... 2.9 ¢
Ecuador.....12.9 ¢	Fiji..... 24.9 ¢	Saudi Arabia from ..... 3.9 ¢
El Salvador. ..... 9.9 ¢	Ghana.....9.9 ¢	South Korea.... 2.9 ¢
Jamaica..... 8.9 ¢	Greece.....2.9 ¢	Sri Lanka.....11.9 ¢
Jordan.....3.9 ¢	Guatemala.....10.9 ¢	Trinidad..... 4.9 ¢
Kenya from .....6.9 ¢	Guyana.....27.9 ¢	U.A.E.....16.9 ¢

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Aboriginal group fights pipeline plan

An aboriginal group in British Columbia is fighting the development of a crude oil pipeline from Alberta's oilsands to the West Coast. The natural resource manager of the Wet'suwet'en First Nation says construction on Enbridge Inc.'s Northern Gateway Pipeline would threaten his community's traditional way of life. THE CANADIAN PRESS

Business

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US .28¢	US 4.8¢	US 15¢	65.17

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

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TRANSLINK

Visa slams proposal

The federal government's proposed code of conduct for Canada's credit and debit card system is too weighted in favour of merchants at the expense of consumer choice, Visa Canada alleged yesterday, the deadline for comments on the plan.

Four of Canada's five biggest banks issue Visa cards while Bank of Montreal and many non-bank issuers support MasterCard, Visa's chief rival in that business.

However the two leaders of the credit card industry are both expected to offer debit cards as well, putting them in competition with the bank-owned Interac system.

Visa said yesterday that it's concerned because the code gives merchants the power to decide which debit network is used, overriding a consumer's choice without their consent.

THE CANADIAN PRESS

Cadbury looks for sweeter increase

TAKEOVER Shareholders in British candy maker Cadbury PLC are looking for a fat increase in the hostile takeover bid by Kraft Foods Inc., as Kraft faces a Tuesday deadline for changes to its bid.

Cadbury shares moved up in trading yesterday, indicating the market was looking for Kraft to jump higher. THE ASSOCIATED PRESS

In brief

SELLOFF Three veterans of Canada's media industry are taking a swing at buying a trio of major Canwest newspapers including the National Post in a bid that could force the media conglomerate to consider selling off its assets piece by piece. The consortium of investors said they are only interested in picking up the Post, the Montreal Gazette and the Ottawa Citizen. THE CANADIAN PRESS

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ScanLife

Will record fees mean an Olympic-sized bust for broadcasters? Not a chance, say some experts. Scan this code for the story.

Interest rates/Savings accounts (Please check bank websites as some rates require minimum account balance)

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Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Skinny RRSPs, skinny retirement

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

An interesting thing happened on the way to retirement. A bunch of folks lost buckets of money, not just once but many times since 1997. And that explains, in part, why RRSP contributions have fallen off since then, particularly in the 55 and older group.

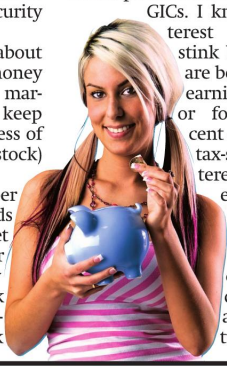
A new RBC study shows that RRSP contributions, as a percentage of income, have declined among the under 34 crowd as well. But that result is likely because of higher student debt, more expensive housing and higher costs relating to raising a family.

These two age groups, the boomers and the Gen Xers, with their shrinking RRSP contributions, stand to face skinny retirements if they don't ramp up savings. Fat workplace pension plans are increasingly a thing of the past — heck, any workplace pension for that matter. So the average Canadian is going to have to rely on RRSPs to top up old age security and CPP cheques.

ALISON'S RULE
If you are hoping to stop working one day do contribute regularly to your RRSP but don't put too much of it in the stock market.

Boomers worried about losing retirement money like the last time the market tanked, should keep contributing but put less of it in stocks or equity (stock) mutual funds.

No more than 50 per cent of your RRSP funds should be in the market and when you hit your late 50s, the equity portion should shrink steadily until retirement. Instead, think bonds, preferred shares and GICs. I know, interest rates stink but you are better off earning two or four per cent on your tax-sheltered money than losing 20 or 30 per cent during a downturn.



The younger crowd may protest that their debt leaves no room for RRSP contributions. However, even small amounts deposited regularly at a young age will grow healthily if you don't take on too much stock market risk. As for debt, take the tax refund generated by your contribution every year and dump it on your highest interest debt.

Alison Griffiths is a financial journalist, author and host of Maxed Out on the W Network. Write to her at alison@alisongriffiths.ca.

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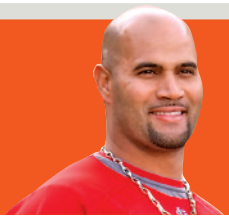
NBAers pitch in for Haiti

The Haitian earthquake relief fund co-founded by retired NBA star Alonzo Mourning and Heat star Dwyane Wade announced yesterday that its pledge total has already surpassed $800,000 US. Wade's donation was a one-game salary, about $175,000, while Mourning, LeBron James, Kevin Durant and Chris Paul each pledged $100,000, fund officials said. THE ASSOCIATED PRESS

Sports



Pujols backs McGwire

Albert Pujols supports Mark McGwire, both for acknowledging his use of steroids and in his new role as hitting coach of the St. Louis Cardinals. "I told him I'm proud of him for admitting what he used," Pujols said yesterday at the team's Winter Warm-Up. "Everybody makes mistakes." THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

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Junior team captain suspended for hit

Junior hockey was making sense of another head-hunting incident yesterday after Mikael Tam of the Quebec Remparts was sent to hospital by an elbow from Rouyn-Noranda centre Patrice Cormier, who captained Canada at the recent world junior hockey championship.

Cormier caught Tam with an elbow while skating through the neutral zone during overtime of Quebec's 3-2 shootout win at Dave Keon Arena in Rouyn-Noranda Sunday afternoon.

The 18-year-old defenceman went into convulsions and was taken to hospital after the hit, where he is listed in stable condition with brain trauma and several damaged teeth.

The Quebec Major Junior Hockey League gave Cormier an indefinite suspension yesterday and will continue to investigate the incident. No timeline was provided on when league disciplinarian Raymond Bolduc will issue a ruling.

It was the second violent incident in junior hockey in less than a week. Thursday, newly acquired Zack Kassian of the Windsor Spitfires left his feet to flatten Matt Kennedy of the Barrie Colts with what appeared to be a hit to the head.

Kennedy suffered a concussion and required stitches to close facial wounds. Kassian was given a charging major and a game misconduct. He was also suspended indefinitely and is to meet with Ontario Hockey League commissioner Dave Branch today in Windsor.

THE CANADIAN PRESS

Patrice Cormier

m.metronews.ca

After a busy winter, an energized Mike Weir is looking forward to the PGA season. Scan this code for the story.

SCOREBOARD

NHL

YESTERDAY'S RESULTS

San Jose 9 Calgary 1
Ottawa 5 Boston 1
Toronto 4 Nashville 3
Colorado 6 Edmonton 0
Buffalo 7 Phoenix 2
Columbus 4 St. Louis 2
Dallas 4 Minnesota 3
Florida 1 Atlanta 0
N.Y. Islanders 4 New Jersey 0
Tampa Bay 3 Carolina 2

NBA

YESTERDAY'S RESULTS

Charlotte 105 Sacramento 103
Dallas 99 Boston 90
Golden State 114 Chicago 97
Houston 101 Milwaukee 98 (OT)
L.A. Clippers 106 New Jersey 95
Memphis 125 Phoenix 118
Minnesota 108 Philadelphia 103 (OT)
New York 99 Detroit 91
Oklahoma City 94 Atlanta 91
San Antonio 97 New Orleans 90
Washington 97 Portland 92
Orlando 92 L.A. Lakers 98

ALL NEW EPISODE
RICK MERCER REPORT
Tonight, Rick gets a crash course on avalanche control and rescue teams in Jasper National Park.
cbc.ca/mercerreport
Tonight at 8
followed by 22 MINUTES
CBC

Accident sidelines U.S. snowboarder
American snowboarder Danny Davis has suffered a spinal fracture in an all-terrain-vehicle accident that will end his season and keep him out of next month's Vancouver Olympics. THE ASSOCIATED PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Spotlight looms for Crosby

Swing through Canada offers preview of expected Olympic scrutiny

Sidney Crosby hopes his next trip to Vancouver will be a little more memorable.

The Pittsburgh Penguins captain was minus-3 during a 6-2 loss to the Canucks at GM Place Saturday night and failed to record a shot on goal for the first time all season.

He will be pulling on a Team Canada sweater when he returns to the city again next month for the Vancouver Games. Despite the rough end to Pittsburgh's five-game road trip, Crosby has been producing of late — putting up four goals and six points during that span.

The upcoming Olympic tournament was a hot topic as Crosby made stops in Calgary, Edmonton and Vancouver. But No. 87 claims it hasn't been difficult to keep his focus on the Penguins.

"If anything, you want your game to be your best when the time comes," Crosby said last week. "The more you worry about doing things right in Pittsburgh, the more that will carry over when the (Olympics start)."

One thing the road swing underlined was just how much scrutiny he will be under at the event. Crosby was subjected to heavy media demands in Western Canada and even had some fans follow his cab to a restaurant when he went out to dinner in Vancouver.

JEFF GROSS/GETTY IMAGES

Sidney Crosby will be in the spotlight when Team Canada takes to the ice next month at the Winter Games in Vancouver.

" If anything, you want your game to be your best when the time comes."
Sidney Crosby

During the Games, the focus will largely be centred around what he does on the ice. That's hasn't been an issue this season as Crosby has already hit the 30-goal plateau for the fourth time in his career.

The only NHL player who has scored more goals than him so far is Team Canada teammate Patrick Marleau, who added three more last week to bring his season total to 32.

THE CANADIAN PRESS

Snowboarder ends career

MOVE Canadian Crispin Lipscomb is hanging up his snowboard.

The two-time Olympian says it's time for him to move away from competition and to help the national team in other ways.

The 30-year-old from Pemberton will work with Canada's snowboarders at the Vancouver Games, serving as an "extra artistic eye to get some more points as we work our way towards these gold medals."

THE CANADIAN PRESS

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Learning Curve is a special feature that focuses on education and student life.

Learning Curve

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

Keys to starting over

RAFAEL BRUSILOW
for Metro Canada

Going back to school after you've been in the workforce can feel a little daunting, but with a fresh approach, anyone can make a fresh start.

Time management is crucial for adult students, experts say.

Jo-Anne Clarke, director of business and professional programs at the University of Calgary, says it's only natural to feel a little anxiety when you're returning to school, but it's important to realize you're starting over with a clean slate.

"I find that students can sometimes carry an old image of who they are as a student," Clarke said.

"As an adult, you have an opportunity to recreate who you are as a student — you have life experience to bring into the classroom."

Time management is crucial but more important are managed expectations — don't try to do a full course load while running your full-time life because it just won't work and your studies will suffer. Many students start out doing a single course at a time to test the waters and get a sense of how much time and effort they can commit, Clarke says.

"Don't bite off more than you can chew. Students who take on more than they can handle don't enjoy the process and are not as successful. Learning is fun but it is a process; you can't rush it," Clarke said.

If writing was never your biggest strength, Clarke recommends taking a writing skills refresher course to help make further learning much easier, as the writing style you've been using in the workplace likely isn't ideal for school.

Gervan Fearon, dean of The G. Raymond Chang School of Continuing Education at Ryerson University in Toronto, agrees that being realistic about your workload and treating your education like a long-term goal rather than a sprint will give you a better experience overall.

"Look at it like an educational exercise program. If I wanted to run a marathon, I wouldn't just wake up one day and do it; I'd have to train," Fearon said.

A common worry is that students who return to school won't be able to relate to others in the class, but Fearon says the truth is most people in a continuing education classroom — including the instructors — will be in the same situation.

"When you do go back to school, you'll see a lot of individuals that are very much in the same position as you. Many of the instructors also work in the field they teach, so they're sensitive to your reality," Fearon said.

Remember, you're in school to further yourself so enjoy the experience, Fearon says.

"There is a prize at the end — there are significant payoffs in career, earning and to all the people around you. It's an opportunity to grow and be able to contribute more to ourselves, our families and our society," he said.

"As an adult, you have an opportunity to recreate who you are as a student — you have life experience to bring into the classroom." Jo-Anne Clarke

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Learning Curve is a special feature that focuses on education and student life.

Going beyond full-time classes

RICHARD WOODBURY
for Metro Canada

For many adults looking to study at university, pursuing full-time studies in the classroom just isn't an option. But evening classes and distance/e-learning are other ways to get that desired degree or diploma.

"It provides an avenue for you to study that you would not have had otherwise because of those other responsibilities you have in your life," says Ann Marie Vaughan, the director of distance education and learning technologies at Memorial University in Newfoundland and Labrador.

These "other responsibilities" include things such as jobs, family life and financial obligations.

Continuing education departments offer different options to meet students' needs, such as certificates or professional development workshops.

"They can take specific courses that are aimed at giving them practical skills for the jobs they currently have or aspire to," says Betty MacDonald, the director of continuing education at Saint Mary's University in Halifax.

Vaughan is a distance learner herself and is pursuing a doctorate in education through a university in Calgary.

"I just find it to be a tremendously rewarding experience to do both, and it was a value that I don't think I fully understood until I became a distance learner," says Vaughan.

And there isn't any reason for adults to worry their past grades won't get them into university. The entrance requirements for mature students at most schools are different from those for a student coming fresh out of high school, says MacDonald.

At Saint Mary's, a mature student is defined as anybody who is older than 22 or has been out of high school for five years. Their admission is based on their work and life experiences since leaving school.

In terms of financing, universities typically have financial aid and awards offices, which help students determine if they qualify for student loans and help steer them towards potential scholarships and bursaries.

SFU project targets aboriginal students

LINA TOYODA
for Metro Vancouver

A pilot project by a group of educators from Simon Fraser University is credited with boosting learning and student engagement among aboriginal children in northern B.C.

The power of imagination and the use of culturally relevant materials are central to the success of LUCID (Learning for Understanding through Culturally Inclusive Imaginative Development), which aims to improve the high school graduation rate of aboriginal students.

Currently, the graduation rate for B.C.'s aboriginal students is reportedly 47 per cent, compared to the provincial public school graduation rate of 79 per cent.

"Teachers using the LUCID approach in Grades 4 to 7 saw a 10 to 33 per cent improvement in students' attendance and improved academic performance," said Mark Fettes, an SFU education professor and LUCID director, citing the results of a year-long study of four classrooms.

FRANK LEIGHTON-STEPHENS PHOTO

The LUCID approach uses culturally relevant stories, images and more to engage students.

The theory, developed by SFU education professor Kieran Egan, states that "imagination is tied in complex ways to our emotional lives."

"The theory asks teachers to pay close attention to the emotional lives of students, and particularly the way in which their emotions are caught up in thinking, speaking, listening, reading and writing," says Fettes.

"The approach consistently emphasizes the importance of students (and teachers) 'feeling something' about the topic they are learning about," says LUCID research assistant Kym Stewart. "This fosters a more reciprocal and multidimensional set of relationships between teacher, students, and subject matter than is typical of schools."

Another key component to the teaching method of LUCID is the use of culturally relevant stories, references, games and images to engage children's imaginative thinking about the concepts in the K-12 curriculum.

Debbie Leighton-Stephens, district principal of Aboriginal Education in Prince Rupert, says putting aboriginal culture within the school as a major component rather than an add-on feature or small section of a textbook is significantly encouraging student learning in her community.

"The children can experience pride, and the strength and importance of their culture, stories and understandings are seen as valuable as the western component of the school curriculum," she said.

The LUCID project continues to develop imaginative-thinking and culturally inclusive teachers in Prince Rupert, while providing support for changes in the classrooms.

In a collaborative effort, the project leaders, partners and teachers look for further development of a comprehensive curriculum, integrating aboriginal content across the disciplines of literacy, math, science and the arts.

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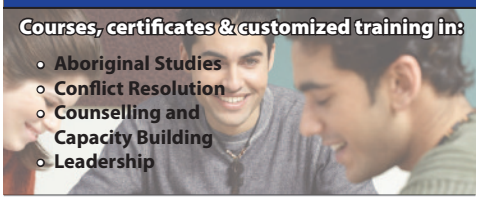

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Douglas students going to Disney

LINA TOYODA
for Metro Vancouver

Two Douglas College students are packing their bags and heading to Walt Disney World to see how a Magic Kingdom is run.

Bailey Chambers, 23, and Damian Craig, 19, are the first students from B.C. to participate in the J-1 Academic Exchange, a six-month internship designed by Disney for students to learn through experience by working at Disney World while taking courses by Disney educators.

"I just think it would be an awesome opportunity for me to find out how bigger companies work," said Chambers, a final-year marketing management student.

"I think that having this on my resumé will help me get the next job."

Christina Cawkell, a marketing instructor at Douglas College, says you can love or hate Disney, but you can't deny its success.

"They're a Fortune 500 company. And if you're a business student, you need to learn about best practice. And I have my eye on brands," she said.

"In terms of Disney, their brand is so interesting to look at," she said.

"They're global, they've now linked up with Apple, and the way they present their entertainment brand to the world is successful, as far as I'm concerned. Successful because they make a profit, and successful also because they employ a lot of people," Cawkell said.

Bailey Chambers, left, and Damian Craig are heading to Disney World for a six-month internship.

The internship program as a collaboration between Douglas College, the University of California-Riverside, and Disney World.

Chambers and Craig will first head to the University of California-Riverside, where they will take an intensive two-week hospitality course.

They will then head to Florida, where Craig will work as a lifeguard at Disney World and Chambers in attractions, merchandising, or quick-food service rotations.

Chambers says it's going to be interesting to see what happens behind-the-scenes to learn how Disney runs a place to make it be the picturesque world that it is.

"To get to know more about it and meeting the people who are behind the Mickey Mouse mask — that would be really cool," she said.

Craig says he has never lived away from home, so adapting to an independent lifestyle will be a new challenge.

"Plus, they have very strict regulations on code of conduct," he said.

Chambers agrees that getting used to a home away from home will be an immediate challenge.

"I've lived at home my whole life and I've never been the new kid at school. So I think just being somewhere new, totally by myself, meeting new people and taking care of myself — that will be a challenge for the first while," she said.

"I have to learn how to cook!"

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Learning Curve is a special feature that focuses on education and student life.

Uncovering motives for murder

DANIEL TAM
for Metro Vancouver

A study conducted by UBC Okanagan forensic psychology professors examining convicted Canadian male offenders could help law enforcement officials solve murders.

The study, titled Partners in Crime: A Comparison of Individual and Multi-Perpetrator Homicides, reviewed 124 cases of convicted Canadian male offenders to determine the characteristics of murderers and the motives behind their crimes.

"We were initially really interested in homicide in general and how there's a lack of really good scientific empirical evidence examining homicide," said Michael Woodworth, one of the professors behind the study.

Woodworth, along with professor Stephen Porter and PhD students Marcus Juodis and Leanne ten Brinke, then examined other aspects of the crimes and murderers, including whether the crime was spontaneous or reactive and if there was more than one perpetrator involved.

MARGO YACHESYN PHOTO

UBC Okanagan professors Michael Woodworth, left, and Stephen Porter hope law enforcement officials can use their study to decipher the motives behind murders.

The findings yielded some unlikely results.

"We had found that with adults, more than expected, a lot of the homicides had some sort of instrumental or planned-out goal or motivation attached to them," said Woodworth.

Other findings showed that individual perpetrators tend to target women, while multiple perpetrators were more likely to target men.

A follow-up study was conducted by Woodworth and PhD student Ava Agar looking at youth homicides.

"We had a sample of over 100 youth homicide offenders that we examined in detail," said Woodworth. "As far as I can tell, this is one of the largest studies ever conducted in the world."

"We suspected that we might see a bit more youth homicides where there was more than one perpetrator," said Woodworth. "We found that 67 per cent of homicides involved more than one perpetrator, which is certainly not what we found in adults."

Woodworth and his associates have already been contacted by law enforcement officials interested in their work, and they hope their findings can eventually help the authorities in uncovering the motives and traits perpetrators exhibit.

"We've been contacted by a detective who had started hearing about our work and was interested in talking with us more," said Woodworth.

"We're not claiming that this is going to be something that can have a direct impact, where this is the only thing authorities would need by any stretch of the imagination," said Woodworth.

"But if they can know more about the dynamics and motivations behind these types of incidents and have a better understanding, it can help inform them in their job."

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VCC re-opens its ESL centre

SEAN KOLENKO
for Metro Vancouver

After nearly two years off, Vancouver Community College's Mt. Pleasant ESL learning department has re-opened for classes in the neighbourhood's brand new community centre.

The learning centre, housed for nearly three decades in the old Mt. Pleasant community facility in Kingsgate Mall, had been put on hold for space to open up in the new building. Now that the doors are open, staff in the new classroom are excited to offer what was traditionally a busy centre for VCC.

"Over 200 students went through Mt. Pleasant every year," said Colleen van Winkel, assistant department head in the VCC school of language studies. "It was a very busy centre for us."

Classes in the new building are part of VCC's Outreach program, which was designed to help students over the age of 18 who may not be able to attend regular classes because of demanding work or family commitments.

"Some people just can't give up work for school," said van Winkel, who's been with VCC since 1981. "This is an alternate way to learn English. We see students from 19 years old right through to their early 80s. Just come when you can."

Registration to the program takes into consideration a number of skills, ranging from conversation and writing to comprehension and listening.

"Every person who walks in has their specific needs assessed," said Lori Hilton, head tutor at the centre. "Some learners come with a number of skills but just need help with pronunciation so we can tailor their learning to meet those needs."

SEAN KOLENKO/FOR METRO VANCOUVER

Assistant department head Colleen van Winkel, left, and head tutor Lori Hilton at the Mt. Pleasant ESL learning centre.

"Some people just can't give up work for school. This is an alternate way to learn English."
Colleen van Winkel

While a number a students do come to VCC in the hopes of simply improving their overall English abilities, Hilton, a 20-year veteran with VCC, says the centre also sees some learners come with professional motivations.

"We do so much more than just help within the context of VCC," she says. "We also do a lot with folks who want certain upgrades of their skills for work."

VCC's Mt. Pleasant ESL learning centre is located at 1 Kingsway, at the corner of Kingsway and Main Street. The centre will be open on Mondays, Tuesdays and Thursdays from 9:30 a.m. to 2 p.m. For more information on classes and registration, call VCC's outreach office at 604-871-7277.

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Perfectionism in kids is associated with emotional problems such as depression and anxiety, according to a recent study.

Perfectionism in kids can be costly: Study

ERIC EMIN WOOD
for Metro Canada

Elementary- and middle-school-aged perfectionists don't perform any better in class than their laid-back peers, according to a York University study.

"People have often equated perfectionism with being gifted, but there's increasing evidence that perfectionism in kids is associated with emotional problems" including anxiety and depression, says the study's co-author, Gordon Flett, a professor of psychology at York.

Flett and his colleagues surveyed fouth- and seventh-grade students from three streams — regular, intellectually gifted, and fine arts gifted.

The researchers measured the students' levels of perfectionism, emotional symptoms such as anxiety and sadness, and obtained test scores from when the students were in grades three and six.

"We found, first of all, that there was no indication gifted kids were more perfectionistic than non-gifted kids," Flett says. "But within each group, those who were higher in perfectionism, especially perceived pressure from others to be perfect, were reporting higher levels of anxiety and sadness."

Flett wasn't surprised by the results, but admits he expected a "performance advantage."

"There was a slight advantage in math, but by and large, perfectionism was not related to higher levels of achievement," he says. "And you had a cost in terms of sadness and anxiety."

Flett likens such students to Brian Johnson, the overachiever played by Anthony Michael Hall in The Breakfast Club. "He admits that he tried to kill himself with a flare gun," Flett says. "When it's at that extreme level, there's a compulsion to achieve, and anything short of it is horrendous.

"You can extrapolate that somebody who persists in their perfectionism, as they make their way through the school system and later in life, could be prone to ever-greater levels of anxiety and sadness."

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Baking and Pastry Arts Wednesday, Jan. 20, 10:30 a.m. – room 216	Downtown
Hair Design / Esthetics Wednesday, Jan. 20, 4:30 p.m. – room 201	Downtown
Culinary Arts Friday, Jan. 22, 9:30 a.m. – room 305B	Downtown
Rehab Assistant Wednesday, Jan. 27, 4 p.m. – room 4205	Broadway
Nursing – Bachelor of Science Monday, Feb. 1, 4:30 p.m. – room 1228	Broadway

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Health & Beauty

Whiter not always better for teeth

Doctor suggests doing your homework before investing in bleaching agents

CELIA MILNE
for Metro Canada

So you want whiter teeth? There are plenty of ways to get a brighter smile. And Canadians are gleaming from ear to ear as whitening products explode onto drug store shelves.

But before you jump on the mega-watt-smile bandwagon, make sure this is how you want to spend your money and time.

"Tooth whitening is a bit of a luxury," says Dr. Benoit Soucy, director of clinical and scientific affairs at the Canadian Dental Association in Ottawa. "To a large extent it is similar to a lot of fashion trends. For most people it is not needed. It's like, 'Why go on a diet if you are in a healthy weight range'?"

Another thing to keep in mind: "It is not always a good idea to go for the whitest possible teeth. It draws attention to the teeth and shows up flaws," he says.

Get your teeth checked first by your dentist before buying a bleaching kit.

Metro asked Soucy to guide us through the various whitening options. By and large, bleaching your teeth is safe, as long as you get your teeth checked first by a dentist, don't overdo it, and follow instructions carefully.

The cheapest products are toothpastes and mouth washes that promise whiter teeth. These are safe but probably won't make a huge difference, says Soucy. "Whitening toothpastes don't change the colour of your teeth; they simply remove the surface stains," he says.

"To a large extent it is similar to a lot of fashion trends. For most people it is not needed. It's like, 'Why go on a diet if you are in a healthy weight range'?"
Dr. Benoit Soucy, Canadian Dental Association

Next up are whitening kits you can buy at the pharmacy. These contain either whitening strips, materials to paint the bleach onto your teeth, or trays that you fill with a bleaching agent and mold to your mouth. These kits typically cost between $10 and $100.

A more expensive option is to get custom-made trays at the dentist's office. Because these fit exactly, there is less chance of spillage and swallowing peroxide bleach. Treatments can be done at home using these custom-made trays. This option may cost between $250 and $600.

For a super-fast, super efficient whitening treatment, there's a light-activated gel treatment at the dentist's office. This may set you back between $600 and $2,000, but your teeth will sparkle after usually just one visit.

There are several benefits of having whitening done at the dentist: First of all, you will get any problems fixed before you begin; secondly, your dentist will examine you to find out if bleaching will achieve the results you want; thirdly, he or she will make sure the procedure can be done safely; and, finally, the dentist will be there if you feel any irritation or sensitivity.

Follow manufacturer's instructions carefully. Don't accelerate the process or continue longer than advised.

Over-bleaching can irritate your gums and even create chemical burns on the tongue.

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Cheese and wine can help teeth

STUDY Wine and cheese. There may be a medical reason why these go so well together.

A new German study suggests that white wine is very hard on your teeth, but eating cheese while sipping your wine helps neutralize the effects.

It is the acid in white wine that wears away enamel, say researchers at Johannes Gutenberg University. Their experiment took place in a laboratory. They soaked adult teeth in white wine for a day, and found the teeth had a significant loss of calcium and phosphorus in the enamel surface. Riesling had an especially dramatic effect on the teeth, which could lead to problems in the long-term. Red wines did not damage the enamel as much.

CELINA MILNE/
FOR METRO CANADA

Adult braces offer options, says doctor

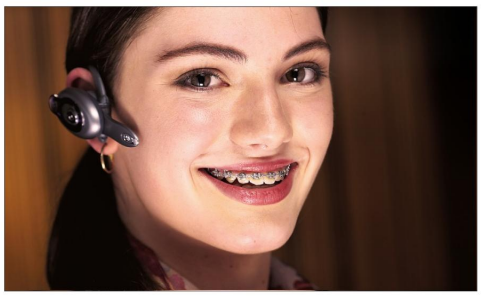
CELIA MILNE
for Metro Canada

"I can smile. I feel like smiling." That is often the reaction of adults who have finished with braces, says Dr. Peter Gold from Orthodontics for Adults in Toronto.

With many custom-designed and computer-generated options these days, more and more grown-ups are getting their teeth moved and improved, says Gold, who specializes in braces for adults.

"There has been an increase in the number of adults getting braces over the last 10 to 15 years," says Gold, who has been practising in mid-town Toronto for 30 years.

In particular, these days more men are embracing braces. "It makes sense. They are maintaining their vitality and strength and looking after their health. They go to the gym. They are not over the hill. They feel good and they want to look good."



Braces are no longer the metallic train tracks and yellow elastics — they're often invisible to the eye.

Braces can reverse problems such as crowding, protruding, crookedness, a big space between the teeth, an overbite, or an underbite.

You're never too old for braces, believes Gold. "My oldest patient was 82 and her teeth moved just fine."

He also sees many patients, both men and women, in their 20s, 30s, 40s and 50s. "They have some income and are able to make their own decisions. Not everyone had the opportunity for braces when they were children."

Adult braces becoming more common

Braces have changed a lot since the days when the only option was metallic train tracks and little yellow elastics. Invisalign is one of the new developments.

In this treatment, computer-designed aligners are placed over the teeth. They are like horseshoe-shaped trays, and they are clear. Invisalign is particularly good for moderate problems or tweaking, says Gold.

"It is comfortable, doesn't show and you can take it out for special occasions."

Clear braces are another option. They blend in with the natural colour of the teeth, so they aren't as noticeable as metal braces.

Inside braces — which are now computer-designed — are invisible from the outside.

Adults who go for braces these days will probably see a 3-D computer simulation of how they will look when the treatment is finished.

"Braces used to be one-size-fits-all," says Gold. "More and more, we have custom solutions for each patient. Instead of braces being off-the-shelf, they are tuned for each person."

Orthodontic procedures for adults can take anywhere from six months to — in extremely complicated cases — three years. Typically, treatment takes between six and eighteen months. Cost varies tremendously, says Gold, and can range anywhere from $1,000 to $15,000 if the patient has a severe problem and needs surgery.

The benefits of braces include looking younger, prolonging the life of your teeth, and in some cases actually improving the functioning of the mouth. Adult patients are a pleasure to treat, says Gold. "They're motivated, they brought themselves here, they are paying, and they are very compliant."

Sex-on-brain stats hard to swallow, says book

The J Spot
Josey Vogels
metronews.ca/thejspot

How often women think about sex is the subject of a new book.

According to a recent poll of 3,000 people by online marketing firm onepoll.com, men think of sex 13 times a day, or 4,745 times a year.

Seem like a lot? Well, that's nothing compared to thinking about it every 52 seconds as Dr. Louann Brizendine claims they do in her book The Female Brain. Other results through the years have placed the frequency of men's sexual thoughts everywhere from "every three minutes," to "every 15 seconds" with "every seven seconds" topping the heap.

In their book Don't Swallow Your Gum: Myths, Half-Truths, and Outright Lies About Your Body and Health pediatricians Dr. Aaron Carroll or Dr. Rachel Vreeman point out just how ludicrous this latter seven-second claim is.

"If we assume that the average male is awake for 16 hours a day, each man would have to think about sex more than 8,000 times a day. That's about as many times as a person breathes while awake," they write.

It's not just the math that makes these claims ridiculous. How can you accurately calculate how often someone thinks about sex in a day anyway? After all, if a poll asked you to keep track of how often you think about sex, wouldn't you then be thinking about how often you think about sex, and therefore be thinking about sex constantly, thus skewing the results? Which raises another problem with these claims: What exactly constitutes a sexual thought?

So what's the point of our constant obsession with how often men have who-knows-what-kind-of-fleeting thoughts about sex?

The only thing these sketchy statistics ever seem to want to prove is that men have more who-knows-how-fleeting sexual thoughts than women. By comparison, in the onepoll.com poll, women think of sex just five times a day or 1,825 times per year.

And compared to once every 52 seconds in Brizendine's book, women only think of it once a day.

Instead of constantly perpetuating this ultimately unfounded idea that all men are walking around with nothing but sex on the brain while women — with their dearth of dirty thoughts — are clearly more sexually repressed, wouldn't it be a lot more helpful to have more quality-over-quantity analysis about the nature of men's and women's sexual thoughts?

Then again, if that were the case, what would lame comedians and sitcom writers come up with as a premise for all their jokes?

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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Food

Tasty food... and plate

Diane Bisson wants you to clear your plate so you can eat it, too. The Université de Montréal industrial design professor is creating edible plates that are stylish, tasty and environmentally friendly. She focused on using vegetables and vegetable flours, such as water chestnut flour, as well as fruit, beans and bean flours. Bisson tested 400 prototypes. The results are captured in her book, Edible: The Food as Material, which was just released this month. TORSTAR NEWS SERVICE

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

PHOTO BY CARLO MENDOZA

Almond Crusted Chicken with Honeyed Sweet Potatoes.

Winter warm-up cuisine

Almond Crusted Chicken with Honeyed Sweet Potatoes

SERVES 4
PREP TIME: 10 MINUTES
COOKING TIME: 20 MINUTES
RECIPE DEVELOPER: PAULA BOWMAN

INGREDIENTS:

- olive oil cooking spray
- 1 egg white
- 1 Tbsp cold water
- 1/3 cup raw almonds
- 3/4 cup fresh whole wheat breadcrumbs, (about 2 slices bread)
- 1 Tbsp fresh parsley
- 2 Tbsp finely grated lemon zest
- 1/2 Tbsp kosher salt plus more for sweet potatoes
- 1/4 tsp fennel seed
- 1 1/2 skinless chicken breasts, (about 1 1/2 lbs)
- 1 1/2 pound sweet potatoes, peeled and cut into 1-inch slices
- 2 Tbsp honey, plus more for garnish, if desired
- 1/4 tsp lemon juice
- pinch nutmeg

METHOD:

1. Preheat oven to 400F. Line a rimmed sheet pan with tinfoil, lightly spray foil with cooking spray and set aside.

2. Whisk egg white with water until frothy, transfer to a shallow bowl and set aside.

3. In the small bowl of a food processor, combine almonds, breadcrumbs, parsley, 1/2-teaspoon salt, lemon zest and fennel seed and pulse until finely chopped. Transfer almond mixture to a shallow bowl.

4. Cut each chicken breast lengthwise into 6 strips and season pieces with salt and pepper. One at a time, dip chicken pieces in egg white, allowing the excess egg white to fall back into the bowl, then dredge in almond mixture until well coated on all sides. Transfer to prepared sheet pan, lightly spray top of chicken with olive oil spray and bake in oven until cooked through and golden brown, about 12 to 15 minutes.

6. Meanwhile, place sweet potatoes in a saucepan and cover with salted water. Bring to a boil over high heat and cook until sweet potatoes are tender, about 12 to 14 minutes. Reserve 1/2 cup cooking liquid, drain sweet potatoes and mash with fork or potato masher. Sweet potatoes can also be placed in a food processor and pureed until smooth.

7. Add honey, lemon juice, nutmeg and 1/4-cup reserved cooking liquid and stir until combined. Add more liquid, as necessary until desired consistency. Season to taste with salt and pepper. Serve chicken with mashed sweet potatoes. Serve some honey on the side for dipping or drizzle honey over chicken to garnish.

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ADD 3-day *Disneyland* Resort *Park Hopper* Bonus Ticket from $154. BONUS everyone plays for the kids' price.

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Panama 7 Nights 4-Star	from $797 + taxes & fees $234
Punta Cana 7 Nights 4-Star	from $797 + taxes & fees $312
Jamaica 7 Nights 4.5-Star	from $799 + taxes & fees $264

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Cowell pulls in Paula for X-Factor
Simon Cowell is recruiting his former American Idol judge, Paula Abdul, to join him on the judging panel of his upcoming Fox talent show X-Factor, according to The Hollywood Reporter. EW.COM

Entertainment

Tobey the Hobbit?

Tobey Maguire has reportedly agreed to take the lead role in The Hobbit. The 34-year-old actor is said to have signed up to play Bilbo Baggins in the movie adaptation of JRR Tolkien's classic book. FEMALEFIRST.CO.UK

EDITOR: DEAN.LISK@METRONEWS.CA

DVD picks

Cairo Time

Director: Ruba Nadda

LOVE IS A many-splendoured thing but also highly cerebral thing in Cairo Time, the winner of the Canadian feature prize at TIFF '09.

Recalling Brief Encounter and Lost in Translation by displaying the mind as the most sensual of human instruments, the film searches for romance and meaning amidst the grandeur and challenges of modern Egypt.

Patricia Clarkson is Juliette, a Canadian magazine writer who travels to Cairo to see her husband Mark (Tom McCamus), a UN diplomat stationed in the Middle East.

The happily married couple have long talked about taking a trip together to the Pyramids. But workaholic Mark is assisting at a Gaza refugee camp and can't yet meet his spouse, so he asks his faithful friend Tareq (Alexander Siddig) to keep Juliette company.

Of such small seeds are mighty oaks of infidelity grown.

But Montreal writer/director Ruba Nadda avoids the obvious, preferring to explore how geography, circumstance and fate can combine to test even the strongest of wills.

Is something happening between Juliette and Tareq? It's hard to say, sometimes frustratingly so, because both characters are hard to read and the attraction isn't obvious.

They play the "what if" game as they make their way through the streets of Cairo and surrounding deserts. Clarkson and Siddig make the most of a script that delivers less than it promises.

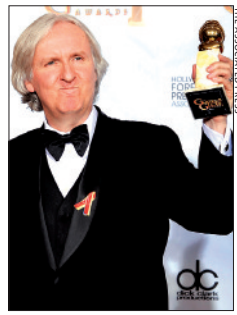
Peter Howell/for Metro Canada

Globe no sign of Oscar glory

Sunday's wins not best indicator of Academy picks

STEVE GOW
for Metro Canada

Hollywood Votes
Academy **Awards**



THE ASSOCIATED PRESS

Jeff Bridges, left, may have won best actor (drama) and James Cameron best director at the Golden Globes, but that doesn't mean they will have their categories locked up come Oscar night.

It would've meant a lot to the director of A Single Man to see Colin Firth beat out Jeff Bridges at Sunday's Golden Globe Awards. Alas, it was not to be.

"Live by the buzz, die by the buzzsaw," said fashion designer-turned-filmmaker Tom Ford. "I've been saying it all morning, but it's true."

While Firth may have heard that buzzsaw coming, it doesn't mean he'll go unnoticed by the time the Academy Awards roll around however. Even though the Hollywood Foreign Press Association (which hosts the Golden Globes) has often forecast future Oscar winners, it possibly may be less so clairvoyant this year.

"It's tricky to call any of the precursor shows influences on the Oscars," said Steve Pond, author of The Odds, an awards-based column on popular Hollywood industry website The Wrap. "(The Golden Globe voters) don't really have any critical credibility and they don't have careers in the industry the way the Oscar voters do, so it's a popular vote among this group that's sort of lucked into having influence for a couple weeks each year because their TV show gets good ratings."

By comparison, the Oscars, to be held March 7, are an industry-based awards where members of the Academy can cast unpredictable votes.

"Most of the Oscar voters in the acting categories are actors of substantial achievement themselves, so they're not going to vote for people just because they want to see them up there on the podium."

However, with the passing of The Golden Globes, one cannot deny that the official Oscar race has begun. So one wonders, with weekly award shows tracking who's getting the most hardware, what is the greatest predictor of Oscar wins?

"The Director's Guild, The Producer's Guild, The Screen Actor's Guild," said Pond.

"Those guilds tell you how people who work in the industry are thinking."

VA	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 1/19/10	251	308	3 CBC	Wheel Fortune	Jeopardy! (N)	Rick Mercer	22 Minutes (N)	Kids in-Hall	Comedy	CBC News: The National (N)		(:05) The Hour
	254	-	9 OMNI	Two/Half Men	Two/Half Men	Omni News: Mandarin Edition		News: Cantonese Edition		Omni News: Punjabi Edition		The Simpsons
	250	321	5 CTV	etalk (CC)	Access H.	American Idol (N) (CC)		Human Target "Pilot" (CC)		Law & Order: SVU		CTV News
	-	-	10 JOY	Frasier (CC)	The Insider	Islam 101 (CC)		Enigma "Aleister Crowley"		P3	Ek Noor	New Day
	252	336	11 GTV	Entertainment	ET Canada	NCIS A blogger turns up dead.		NCIS: Los Angeles (CC)		The Good Wife "Conjugal"		News
	256	389	12 VI	Degrassi: TNG	TMZ (N) (CC)	X2: X-Men United ★★★ (2003) Patrick Stewart. A right-wing militarist pursues the mutants.						A News (N)
	253	359	13 CITY	The Office	The Office	The Biggest Loser A contestant threatens to quit. (N) (CC)				The Jay Leno Show (N) (CC)		The CityNews
	-	-	14 CW	The Office	The Office	90210 "Wild Alaskan Salmon"		Melrose Place "Shoreline"		Seinfeld	Seinfeld	Frasier (CC)
	289	381	15 CBS	Entertainment	The Insider	NCIS A blogger turns up dead.		NCIS: Los Angeles (CC)		The Good Wife "Conjugal"		KIRO 7 News
	287	379	16 NBC	Evening Mag.	Inside Edition	The Biggest Loser A contestant threatens to quit. (N) (CC)				The Jay Leno Show (N) (CC)		KING 5 News
	602	568	19 W	Supernanny "Webb Family"		Dine With Me	Grocery Bag	Beauty	Style by Jury	How to Look Good Naked		Beauty
	288	380	24 ABC	Wheel Fortune	Jeopardy! (N)	Scrubs (CC)	Better Off Ted	Scrubs (N)	Better Off Ted	the forgotten "Prisoner Jane"		KOMO 4 News
	-	-	28 KVOS	M*A*S*H	Seinfeld	Styx ★★ (2001, Suspense) Peter Weller, Bryan Brown.				Seinfeld	King	Cheers (CC)
	291	383	27 PBS	Life (Part 2)	Steves Europe	Nova "Riddles of the Sphinx"		Frontline (N) (CC)		Independent Lens (N) (CC)		Afropop
	290	382	23 FOX	Two/Half Men	Two/Half Men	American Idol (N) (CC)		Human Target "Pilot" (CC)		Q13 FOX News at Ten (N)		Family Guy
	-	364	43 PBS	Frontline (N) (CC)		Foot in Grave	You've Gone	Tavis Smiley	Charlie Rose (N) (CC)		Nova "Riddles of the Sphinx"	
	296	654	34 SBK	Frasier (CC)	Frasier (CC)	The Office	Name Is Earl	South Park	Half & Half	Guthy-Renker	Street Court	Cold Files
	298	653	35 TLA	Two/Half Men	Two/Half Men	90210 "Wild Alaskan Salmon"		Melrose Place "Shoreline"		KTLA 5 News at 10 (N) (CC)		Friends (CC)
	295	651	36 WGN	WGN News at Nine (N) (CC)		Family Guy	Two/Half Men	According/Jim	Friends (CC)	Friends (CC)	Maury Lie-detector tests.	
	297	652	37 WPX	PIX News at Ten Tong. (N)		Two/Half Men	Friends (CC)	Friends (CC)	According/Jim	Family Guy	South Park	Scrubs (CC)
	199	311	75 STR	CTV News	NTV Latenight News		Late Show W/Letterman		Late Late Show/Ferguson		Inside Edition	Seinfeld
news	502	390	29 NW	CBC News: the fifth estate		CBC News: The National (N)		CBC News: The National (N)		CBC News: the fifth estate		National
	500	500	33 CNN	Anderson Cooper 360 (CC)				Larry King Live		Anderson Cooper 360 (CC)		Cooper 360
sports	407	419	22 RSP	Best Damn Sports Show		Hockey	MMA Conn	Saturday Night Poker		Sportsnet Connected (Live)		Sportsnet
	400	400	30 TSN	(6:30) AHL Hockey All-Star Game. From Portland, Maine. (Taped)					SportsCentre	Motoring 2010	SnowTrax	SportsCentre
	411	457	49 OLN	Ghost Hunters (CC)		Destination Truth (CC)		Oper. Repo	Oper. Repo	Ghost Hunters (CC)		Ghost Hunters
	410	403	54 SCR	NFL Maximum Impact		Score Now		Score Now		Score Now		Final Score
	417	406	55 SC	(4:00) Barrett-Jackson Automobile Auction (Live)				Barrett-Jackson Automobile Auction From Westworld Scottsdale, Ariz.				
	416	409	144 GLF	Fútbol Uruguayo		MLS Weekly	Gol TV News	Toronto-Today	MLS Weekly	Paid Program	Gol TV News	Gol TV News
family	552	543	25 YTV	iCarly (CC)	Fries That?	Malcolm-Mid.	Hates Chris	8 Rules	What I Like	Family Biz	To Be Indie	Prank Patrol
	555	545	50 TEL	Scooby-Doo	Total Drama	Total Drama	6TEEN	Futurama	King of Hill	American Dad	Futurama	Chicken
	557	541	51 FAM	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School	Cory in House	That's-Raven
	553	546	53 TRE	Babar (CC)	Zigby	Max & Ruby	Dragon	Backyard	Ni Hao	Go, Diego, Go!	(:35) Franklin	Comfy Couch
cable variety	268	354	5 KNO	Frontiers of Construction		What the Ancients Did for Us		Forgetting Dad (2008) Premiere. (CC)			Recreat. Eden	A Mind
	575	583	20 CMT	Home Imp.	Home Imp.	Shaye: This Is It		Amer. Funniest Home Videos		Reba (CC)	Reba (CC)	According-Jim
	570	580	42 MM	disBAND	Love Court	MuchOnDemand (CC)		Pimp My Ride	My Own	disBAND	Video on Trial	Spotlight
	600	564	48 H&G	House	House Hunt.	Holmes on Homes (CC)		Million Dollar Listing (CC)		Bang, Buck	Genevieve	House Hunt
	615	520	61 A&E	Paranormal	Paranormal Cops (CC)		Paranormal	(:01) Criminal Minds (CC)		Psychic Kids: Paranormal		Paranormal
	628	584	62 SPKE	(:06) Pros vs. Joes		Entourage	Entourage	(:12) Pros vs. Joes		CSI: Crime Scene Invstgtn.		Mysteries
	521	560	64 TLC	Little Couple	Little Couple	Cake Boss	Cake Boss	20 Years, 20 Duggars		Little Couple	Little Couple	Little Couple
	616	522	65 SHO	Relic Hunter (CC)		Accidental Friendship (2008, Drama) Chandra Wilson. (CC)				Drop Dead Diva "Do Over"		NCIS (CC)
	620	523	40 BVO	At the Concert Hall (N) (CC)		Law & Order "Seed" (CC)		Without a Trace "Pilot" (CC)		At the Concert Hall (CC)		Neil Diamond
	601	562	41 SLC	Wedding SOS	Wedding SOS	ET Canada	What	Real Housewives-Atlanta		Real Housewives OC		Runway
	520	505	42 DIS	License to Drill (N)		Daily Planet (CC)		Destroyed	Destroyed	License to Drill		How It's Made
	522	506	44 HIS	Ancient Discoveries		Cities of the Underworld		Pawn Stars	Pawn Stars	Ancients Behaving Badly		Crime Stories
	627	528	45 SPC	Fringe "Johari Window" (N)		InnerSpace	Stargate SG-1 (CC)		Star Trek: Next Gener.		Lost "Namaste" (CC)	
	294	650	47 TBS	The Office	The Office	Lopez Tonight (N)		Name Is Earl	Name Is Earl	Sex and-City	Sex and-City	Lopez Tonight
	619	525	48 TROP	Parking Wars	Parking Wars	Rescue Ink "In Your Face"		Dog Whisperer (CC)		End of Leash	Last 10	Tube Tales
	603	561	69 FN	Good Eats	Good Eats	Restaurant Makeover (CC)		Diner, Drive-In	Unwrapped	The F Word (CC)		Good Eats
	-	-	98 AMC	(5:00) The Matrix ★★★ (CC)		Sabretooth ★ (2002) David Keith, Vanessa Angel. (CC)				Puppet Master ★★ (1989) Paul Le Mat. (CC)		
	626	547	57 COM	Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Jeff Dunham	Blue Collar TV	Daily Show
	320	621	60 CEN	(6:30) Frontrunners (2008)		I Love You, Man ★★★ (2009) Paul Rudd.			(:45) The Mist ★★ (2007, Horror) Thomas Jane. (CC)			
	581	566	101 MTV	Teen Mom (CC)		MTV Live	After	Jersey Shore (CC)		Teen Mom (CC)		MTV Live
	261	394	102 V	Unscripted	Benmergui-Isr	Poltergeist: The Legacy		Toys ★★ (1992, Comedy-Drama) Robin Williams, Michael Gambon.				
	-	-	103 MUL	Sewing Maid	Immortal	Il Caffe		In Germany	Euromaxx	Schauplatz	Euro. Journal	Patrol World

critics'corner

Better Off Ted
As anyone who's ever used one can tell you, those electronic language translators can trip you up big-time. But that doesn't stop Ted (Jay Harrington) from trying one out in an effort to get closer to a beautiful German executive who doesn't speak any English. Hey, the device was made by Veridian, so what could go wrong? Heh, heh. Portia de Rossi also stars in the new episode "Lust in Translation." 9:30 PM on ABC

Kids in the Hall: Death Comes to Town
Let the death begin! In the second installment of this six-part series, a prominent citizen of Shuckton is murdered, and the police get to work narrowing down the list of suspects. That may take a while, as it's a small town and the victim was well-known, so everyone is a suspect. Mark McKinney, Bruce McCulloch, Dave Foley, Kevin McDonald and Scott Thompson star in "Who Mailed Our Mayor?" 9 PM on CBC

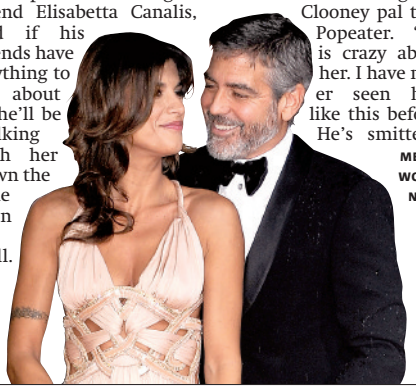
It's no Hogwarts but it's pretty darn close

J.K. Rowling has spent more than $4 million US on a new mansion — without even viewing it properly, femalefirst.co.uk reports. The Harry Potter author splashed out on the property in Edinburgh, Scotland, last month. METRO NEWS SERVICES

Celebrity Buzz

Just call me 'Giorgio Cluni'

NEXT HE'LL BE RIDING A VESPA AND SAYING 'CIAO' George Clooney made a point of walking the Golden Globes red carpet with Italian girlfriend Elisabetta Canalis, and if his friends have anything to say about it, he'll be walking with her down the aisle soon as well.



"When you find love after years of looking, you want to shout it from the rooftops and that's just what he was doing," a Clooney pal tells Popeater. "He is crazy about her. I have never seen him like this before. He's smitten."

METRO WORLD NEWS

Not a regular toque

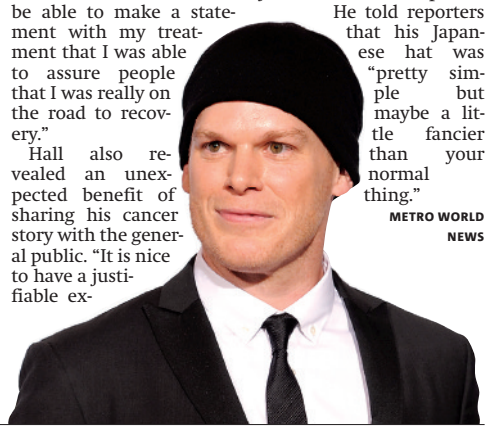
BOOSTING JAPANESE HAT SALES When Michael C. Hall won a Golden Globe award for Best Actor in a Television Drama, the Dexter star made no mention of cancer, but backstage, he told reporters that he was "on the road to recovery" after secretly battling Hodgkin's lymphoma, us-magazine.com reports.

"I had every intention of keeping it quiet, but because the award shows were imminent, I figured I'd make a statement," said the 38-year-old actor, who said in a statement last week that he was nearing the end of his treatment and that his disease was now in remission.

He added, "It was nice to be able to make a statement with my treatment that I was able to assure people that I was really on the road to recovery."

Hall also revealed an unexpected benefit of sharing his cancer story with the general public. "It is nice to have a justifiable excuse for accessorizing," he joked of his black cap.

He told reporters that his Japanese hat was "pretty simple but maybe a little fancier than your normal thing."



METRO WORLD NEWS

Living the British dream

FREE BOOZE AND BANGERS AND MASH After the success of the Punch Bowl, his London pub, Guy Ritchie is looking into opening outposts in New York and Los Angeles, according to People magazine.

"It's in the early stages of development. He's looking at premises now," a source says. "Guy is really excited and he's definitely planning some fun ideas with the drinks."

The director is apparently also interested in brewing his own beer, and has already registered a few names, including Bitta Ritchie and Punch Bowl Ale.

METRO WORLD NEWS

And the Golden Globe for the dullest potential couple goes to ... 'Gennifer'!

CLAP. CLAP. YAWN. Ever since Jennifer Aniston and Gerard Butler filmed their upcoming movie The Bounty Hunter, rumours have flown that the pair have engaged in a little romance on the side, popeater.com reports.

Although both denied reports, when the A-list actors took the stage at the Golden Globes together, their awkward body language sparked a few questions.

Aniston and Butler presented the award for Best Screenplay — which, incidentally, went to Up in the Air — with little banter or fanfare, making the website speculate there is something going on between them two of them.

"It's an honour for us to present this award together," Butler began. "Yep, it is," Aniston responded.

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Follow these celebrities on Twitter...

CelebTweets

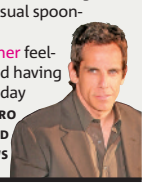
AMY WINEHOUSE is sick of her father talking to the press, **BEN STILLER** gets Conan O'Brien to ignore his own troubles and help those in need, **JASON MRAZ** knows what he's looking for, and **DEMI MOORE** had her own reasons for staying home from the Golden Globes.

@amyjademermaid WHY don't my dad WRITE a SONG when somethin bothers him instead of going on national tv? an you thought YOUR parents were embarrassing

@RedHourBen Thanks to Co-Co for getting the message out tonight about donating to help Haiti

@jason_mraz Is there a website yet created for singles seeking casual spooning?

@mrskutcher feeling sick and having a bad hair day



METRO WORLD NEWS

Tiger's eyes

ARE ON THE BALL NOT THE BREASTS Tiger Woods has his comeback to golf all planned out, according to Radar Online. The scandal-plagued athlete, who's reportedly staying at a Mississippi rehab facility to deal with his sex addiction, is planning to be back on the PGA tour by the spring, sources tell the Web site.

"Tiger is totally devastated," a source says. "He wants to show everyone that he intends to change."

METRO WORLD NEWS

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Thursday 90% Rain 9°/3°
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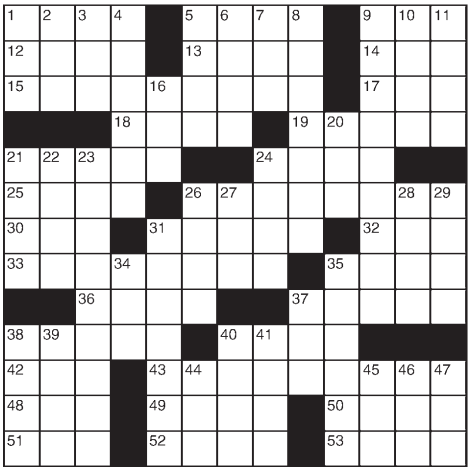
Take Five



ACROSS

1 Put one's foot down?
5 Level
9 Boston — Party
12 Tittle
13 Staffer
14 Massage
15 Suburban parent, maybe
17 Exist
18 Elbow counterpart
19 Loop in lace
21 Superhero garments
24 Work station
25 Oodles
26 Not to be tossed aside?
30 Chum
31 Bed cover
32 Summertime mo.
33 Cast members
35 As well
36 Covered walkway
37 Sword handles
38 Wan
40 Canaanite's deity
42 Mainlander's memento
43 Wife of a links nut
48 Bobby of hockey
49 Always
50 Protuberance
51 Dine on
52 Pedestal feature
53 Leaves

DOWN

1 A sib
2 Excessively
3 List-ending abbr.
4 Small bundle
5 Passenger's payment
6 Rickey flavouring
7 Commotion
8 Storm
9 Part of a mouse, maybe
10 Franc replacement
11 Help in crime
16 Navy rank (Abbr.)
20 "Life — cabaret, ..."
21 Team leader (Abbr.)
22 Winged
23 Pullover garment
24 Union fees
26 Comical Caroline
27 Ending for musket or market
28 Insatiable desire
29 Vanity cases?
31 Mooched
34 Multipurpose truck
35 Under the weather
37 "Hee —"
38 Lotion additive
39 Antitoxins
40 Wasn't colorfast
41 Frizzy hairstyle
44 Eggs
45 "Cock-a-doodle- —!"
46 Rhyming tribute
47 Film director Craven

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		7		3	5	4		
4	3		7		2			
	2	1		9		5		
3	6			4		7		1
	9						3	
5		4		6			8	9
		6		8		1	4	
			5		1		6	8
		9	4	7		3		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

T	O	E	S	■	D	I	P	■
E	I	T	H	E	R	O	R	■
A	L	C	A	P	O	N	E	■
■	■	■	P	I	P	■	P	L
A	Z	T	E	C	■	P	A	I
L	E	E	S	■	A	L	R	O
E	T	A	■	A	L	I	E	N
■	A	L	U	N	S	E	R	■
■	■	■	G	O	O	D	■	A
B	A	Z	A	A	R	■	A	T
E	D	E	N	■	A	L	J	O
G	I	R	D	■	N	E	A	P
S	T	O	A	■	S	I	R	■

D	I	E	D					
E	R	S	E					
B	A	A	L					
P	L	A	Q	U	E			

5	1	8	6	3	4	2	7	9
4	7	9	2	8	1	5	3	6
3	2	6	9	7	5	4	8	1
1	9	2	5	6	3	8	4	7
7	5	3	8	4	9	1	6	2
8	6	4	7	1	2	3	9	5
6	4	1	3	2	7	9	5	8
9	3	7	1	5	8	6	2	4
2	8	5	4	9	6	7	1	3

On the web

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Metro Recipe of the Day

Marmalade-glazed Mackerel with Apples

INGREDIENTS:

4 mackerel fillets
4 tsp (20 mL) olive oil
2 apples, peeled
Leaves from 1 sprig fresh rosemary
3 tbsp (45 mL) orange marmalade
3 tbsp (45 mL) cider vinegar

METHOD:

1. Remove any bones that remain in mackerel. Preheat grill to high. Brush a shallow flameproof dish with a little oil and put mackerel fillets in it, skin side up. Make three cuts across each mackerel fillet, scoring skin to prevent it from curling during cooking.

2. Cut apples into quarters and remove cores, then cut each quarter into three or four slices. Put in dish around mackerel. Brush apples and fish with remaining oil. Sprinkle rosemary leaves over fish.

3. Grill mackerel 2-3 minutes or until skin is browned in places. Stir marmalade and vinegar in bowl. Turn over mackerel and apple slices. Brush some marmalade mixture over apples, then spoon remainder evenly over mackerel. Grill 2 minutes or until fish and apples are well browned in places. Fish should be firm and cooked, with flakes that separate easily and look opaque. Serve immediately.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to rd.ca or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
Others may be baffled by what's going on but you will observe and understand what they have overlooked.

TAURUS ♉
APRIL 21-MAY 21
You will see or hear something to your advantage, something that gives you an edge in your career.

GEMINI ♊
MAY 22-JUNE 21
Question what you are told today, even if the "experts" say you have no right to challenge their authority.

CANCER ♋
JUNE 22-JULY 22
Don't give up on something just because it is proving tougher than you expected.

LEO ♌
JULY 23-AUG 23
It might be tempting to interfere in someone else's business but the planets warn you will regret it if you do.

VIRGO ♍
AUG 24-SEPT 22
Don't push yourself too hard today. Persuade those you live and work with to shoulder more of the burden.

LIBRA ♎
SEPT 23-OCT 23
You will find it easy to forgive other people's mistakes today but maybe not quite so easy to forgive your own

SCORPIO ♏
OCT 24-NOV 22
New information will come your way today, information that may cause you to doubt some of the things you have been told.

SAGITTARIUS ♐
NOV 23-DEC 21
You will get your message across today, even though some people would like it better if you stayed silent.

CAPRICORN ♑
DEC 22-JAN 20
You know instinctively what is the right thing to say and you know beyond a shadow of a doubt that you have a duty to speak up.

AQUARIUS ♒
JAN 21-FEB 18
With the Sun about to move into your sign this is a great time for taking the initiative.

PISCES ♓
FEB 19-MARCH 20
If you want to be alone with your thoughts today that's fine: Just go off by yourself for a while and let the world fend for itself.

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Dreams Villamagna Nuevo Vallarta • 4 1/2★
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+Taxes & other fees (including service charges): $263

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